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Amal from Somalia and Mungu from Congo check out the pool at the Marlborough Hotel on Tuesday. LYLE STAFFORD/FOR METRO

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Shoppers Drug Mart has applied to be a distributor of medical marijuana.

Redefining stigma of reconstruction

HEALTH

First ever BRA Day celebrates women's right to decide path

Jessica Botelho-Urbanski
For Metro | Winnipeg

Emily Saganski, left, and Izabella Supel, are medicine students at the University of Manitoba who organized Winnipeg's first BRA Day. SUPPLIED/UNIVERSITY OF MANITOBA

Breasts or no breasts? Winnipeg's first BRA (Breast Reconstruction Awareness) Day celebrated a woman's right to choose on Tuesday.

Breast cancer survivor Kristina Hunter, 45, was excited to share her story with other women at the University of Manitoba's Bannatyne Campus Tuesday night.

Having created a photo book, Woman: Redefined — dignity, beauty and breast cancer, and starred in a documentary, Beauty in Focus, celebrating women's bodies post-diagnosis, she's keen on frank conversations about confidence and health.

"We shouldn't be feeling bad about our bodies now because of some scarring or if it looks different," she said. "We should still feel like whole people contributing to the world, regardless of what society says about having breasts."

At BRA Day, breast cancer survivors and fighters mingled with doctors and medical students to discuss breast reconstruction options.

With one in nine women expected to develop breast cancer in her lifetime, it's important to provide accurate information about surgery choices — whether patients opt for immediate, delayed or no reconstructions, said organizer Emily Saganski.

"October is a great month for breast cancer (awareness) and there's a lot of information and support out there. But not very many campaigns actually talk about what happens after breast cancer treatments and the kind of struggles that women go through after that," said Saganski, a fourth-year student at the University of Manitoba's Max Rady College of Medicine who's interested in plastic surgery.

She organized the first local BRA Day — a branch of the national event hosted by the Canadian Breast Cancer Foundation — with fellow medicine student Izabella Supel. Saganski said she wanted to normalize talk about breast reconstruction, which she rarely heard in public before studying plastic surgery.

"We're really not taking a stand on whether people should have breast reconstruction or not. That's a choice that women should be able to make and be fully knowledgeable about it and happy with their choice in the end."

RESEARCH

$1M attempt to get roads fixed faster

Stephanie Taylor
Metro | Winnipeg

Ahmed Shalaby wants to help the City of Winnipeg build better roads.

As the newly announced chair of municipal infrastructure at the University of Manitoba, Shalaby, a professor of civil engineering, and his team of researchers will be looking into new ways to make our municipal roadways more durable.

"The overall goal is to reduce the overall costs to build (and) maintain infrastructure," he explained on Tuesday.

"In doing so, we want to provide Manitobans with the best quality of infrastructure possible that is durable to survive our weather and environment."

The five-year research posting was established thanks to $250,000 from the city, which was earmarked in the 2016 budgets.

The province is also spending $500,000 on position, and 14 construction contractors and industry members are also paying $255,000.

Shalaby said much of the upcoming research will focus on projects already on the university's radar, but at an accelerated rate.

"We're going to take what would normally be done in 20 years and try to do it in five years."

Some of the research priorities include developing more durable asphalt and concrete that can withstand cold prairie winters, and introducing sustainable road designs that utilize recycled concrete and old roofing shingles.

"We need to inject more engineering and more scientific evidence into what we do," Shalaby explained.

"We need to simulate what happens on the road in our labs so we can have a better ability to predict how it's going to perform in the field before we build it."

> **Number one priority of Winnipeggers is fixing the roads.**
> Mayor Brian Bowman

Besides dealing with harsh winters, another challenge our construction industry and governments face is limited resources, both in terms of materials and money, he said.

Shalaby said that our streets are currently undergoing renewal and that government spending on roads is critical to having healthy infrastructure.

"What we're trying to do is reduce the need for that funding by making sure we're making the best decisions possible," he explained.

Bowman told reporters on Tuesday he expects a good return on investment from the research and wants to see new solutions applied sooner rather than later.

"Number one priority of Winnipeggers is fixing the roads."

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LOCAL INVESTMENT TOWARD EMPLOYMENT

Actors get youth talking on mental health issues

THEATRE THERAPY

Sarasvàti's Shattered draws stories from real life

Braeden Jones
Metro | Winnipeg

An interactive theatrical performance, two years in the making, is helping youth talk about mental health issues — with some surprising results.

Hope McIntyre, artistic director of Sarasvàti Productions, said the new show she's touring around Manitoba schools, Shattered, draws its storyline directly from "real stories gathered from young people."

The group spent two years conducting interviews and compiling "hundreds of stories" about mental health and wellness struggles, including barriers such as stigmatization.

In Shattered, actors portray young people with complex issues. Their characters interact with peers and teachers. As the scenes end, students can weigh in through "interventions."

"The action of the scene stops, (and kids) step into the role of a character and make a different choice or change it somehow," McIntyre said.

She expected to see almost all kids taking the role of the young person with the dilemma, but was surprised to see a lot of kids in the first week step into the teacher or adult role.

"It's interesting. They often try to make the classroom a safer space… They make the teacher offer to listen and provide support," she said. "We've been a little surprised by that, but it makes sense."

McIntyre explained the big take-away from the first week and a half of touring the show, which still has another 30 shows left between now and Dec. 9, is that "silence is the Sarasvàti Productions illness."

"When you don't talk about something ... whether it's a diagnosed mental illness or a difficult time, and you bury it, it gets worse," she said, adding kids taking any role in the intervention tend to push for more communication and demonstrate "empathy."

30

The number of shows being put on by Sarasvàti Productions, between now and Dec. 9.

After shows, McIntyre has heard students talking about how "everyone has something they're dealing with," and she thinks the play really illustrates that even people who are aggressive or bullying probably have "stuff going on," but just don't know how to talk about it.

> **Everyone has something they're dealing with.**
> Hope McIntyre

"(Students) acknowledge we've all got our own problems; we provide a way to address that," she said. "Just the notion of talking more, it opens the door for them."

The cast of Shattered, a Sarasvàti Productions play about mental health. CONTRIBUTED

WORLD JUNIORS

Joint bid for major tourney

Jessica Botelho-Urbanski
For Metro | Winnipeg

Winnipeg and Saskatoon have put together a joint bid to host the 2019 World Junior Hockey Championship, a spokesman for True North Sports and Entertainment confirmed Tuesday.

World Juniors trophy

The pair of prairie cities felt like a natural fit to host the elite hockey games, said Rob Wozny, True North's vice president of communications and community engagement, though he wouldn't get into specifics about how pricey the puck drops might be.

"It's a very competitive bid process. There were other markets in Canada that want this tournament just as bad as we do. So there are elements of the bidding process that we want to keep to ourselves because we don't want that information getting out there and perhaps making our bid less competitive," Wozny said.

The tournament would run in December 2018 and January 2019 at the SaskTel Centre and the MTS Centre, if Saskatoon and Winnipeg's bid is selected.

Coming on the heels of hosting the Heritage Classic, Winnipeg's bid might get extra attention.

"Being on a national and international stage with a world-class hockey event like that, it certainly didn't hurt and I think it did help the bid process," Wozny said.

The last time the city hosted the World Juniors was in 1999.

Swimming as a survival skill

GOOD WORKS

Newcomers among those who drowned this summer

Stephanie Taylor
Metro | Winnipeg

A newcomer centre is fundraising money to offer swimming lessons to some of Winnipeg's newest — and youngest — residents in the wake of three drowning deaths this past summer.

Sarah Warkentin is a psychosocial educator at the Newcomer Employment Education Department Services (N.E.E.D.S), which works with immigrant and refugee youth.

She said it became apparent to staff that newcomer youth required better access to basic swim safety lessons after four people drowned this summer.

Three of the deceased were new to Canada — two children and one 22-year-old man.

"That's a lot of newcomers given what a small percentage of the population they are here in Winnipeg," Warkentin said in a recent interview.

In response, the centre is hoping to pilot a series of swimming lessons aimed at young people starting in January 2017.

"We know it is important. These drownings have really shown that and a program like this could save lives."

Warkentin says local school drives and an upcoming Burkini pool party event are raising money for the program.

The goal is to fundraise $10,000 to offer beginner level swimming lessons — including safety tips — to 100 youth, she said.

Warkentin explained many of the youth at the centre cannot swim, and said signing kids up for swimming lessons is often the last thing on parents' minds when they arrive in Canada.

"They're learning English for the first time. Their kids are going to school. Families quite often are struggling financially, are dealing with issues of just cultural clash," she said.

"When you're in a situation like that, something like swimming safety is not on the top of your list of priorities, really."

There's another timely message behind the pool party fundraiser: It's OK for Muslim women and girls to wear whatever swimwear they find most culturally and religiously appropriate, Warkentin explained.

Warkentin says the amount of money that's been fundraised so far will also be revealed at the party, which is happening at Seven Oaks Pool from 6 to 10 p.m.

"People are welcome to go in the pool in whatever swim attire they're comfortable with and just have a great time celebrating this new initiative in the city."

> **We know it is important. These drownings have really shown that.**
> Sarah Warkentin

Newcomers Amal from Somalia and Mungu from the Congo check out the pool at the Marlborough Hotel. LYLE STAFFORD/METRO

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VICTIM STATEMENT

Assaulted teen recalls darkness and pain

A teenager who was beaten, sexually assaulted and forced into a Winnipeg river told her attacker Tuesday she continues to suffer the physical and emotional pain of an attack that almost claimed her life.

The girl, who cannot be identified under a court order, wrote a one-page victim impact statement for the sentencing hearing of Justin Hudson, 22, who pleaded guilty last December to two counts of aggravated sexual assault.

"I remember only parts of it. Dark. Cold. Pain," the statement reads. "I am a real person. A human being. And you hurt me terribly, an injustice for which you are now paying the consequence."

The girl ended up in the Assiniboine River, but managed to drag herself from the water 100 metres downstream — only to be beaten unconscious with a hammer and left for dead.

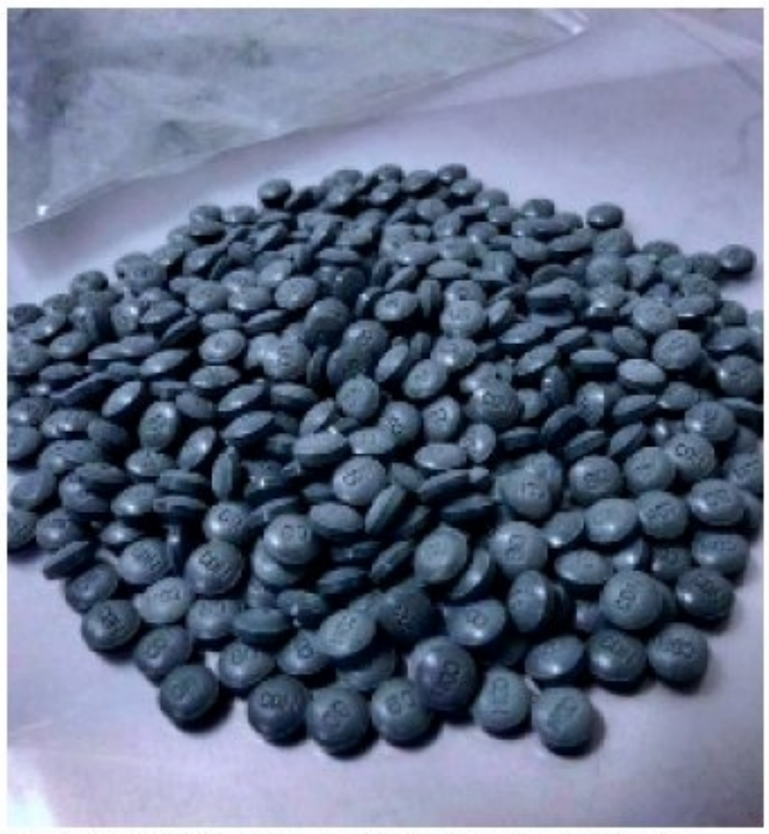
A teenage boy was also charged in the attack. His case remains before the courts.

The victim, who was 16 at the time of the November 2014 attack, almost froze to death on the banks of the river. She was found the next morning by a passerby. She was taken to hospital and her heart stopped for 45 minutes. She went on to become an advocate for a national inquiry into missing and murdered indigenous women.

"When I regained consciousness, my entire body was screaming with pain. More pain than I have ever known or thought possible. It was you who did that to me, through your wilful actions and decisions," her statements reads. "I feel sad. Angry, confused. It's more than those words can possibly convey. The pain is a heavy weight for me to carry."

Hudson is also to be sentenced for another attack later that night on a 23-year-old woman. She was also sexually assaulted and severely beaten, and spent three days in hospital with a concussion and severe facial injuries.

THE CANADIAN PRESS



Two parents are in police custody facing several charges after their baby boy was exposed to fentanyl. THE CANADIAN PRESS

Police arrest parents

CRIME

Pair charged after baby exposed to fentanyl

Two parents are in police custody facing several charges after their baby boy suffered a possible overdose of the powerful opioid fentanyl.

Const. Jason Michalyshen said paramedics were called to a Winnipeg home last week and found the nine-month-old in critical condition. Officers also found a powder which they believed to be fentanyl.

He said a search of the home found 285 grams of suspected fentanyl powder, along with a cutting agent and other contaminated paraphernalia, Michalyshen said.

The biological parents — a 33-year-old man and 32-year-old woman whom police are not naming — have been charged with failure to provide the necessities of life, causing bodily harm by criminal negligence and drug trafficking, Michalyshen said.

The baby boy has been upgraded to stable and is in care, he said.

The child's life was probably saved by officers, who immediately noted the presence of fentanyl in the home, which allowed him to be properly treated with an antidote, he said.

"Limited information was being provided to us," Michalyshen said Tuesday.

"This was not something that was divulged to officers, investigators, emergency personnel, that the child's situation may be as a result of drug or a substance within the home."

Although the baby's condition improved immediately following the antidote, Michalyshen said police are still waiting for confirmation from Health Canada that the drug they found is fentanyl.

The investigation is continuing. Michalyshen said it's still not entirely clear how the baby came into contact with the drug. THE CANADIAN PRESS

IN BRIEF

Police watchdog investigating two injuries

The provincial police watchdog is investigating two serious injuries involving Winnipeg officers.

In one case, a person under arrest claims his hand was injured so badly on Oct. 4, 2016, it required surgery.

The male suspect was arrested for uttering threats on Oct. 4, 2016. He followed up with a formal complaint on Oct. 17.

In a separate incident on Feb. 7, 2016, a person alleges his arm was injured as he was being handcuffed.

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CentreVenture PUSHes partnership

ENTREPRENEURSHIP

Photographer and furniture maker unlikely roommates

Braeden Jones
Metro | Winnipeg

Two entrepreneurs who work in unrelated fields have become symbiotic partners and "great friends" in a retail location opening Thursday — and all it took was a little PUSH.

CentreVenture, the city's downtown development agency, brought Robert Lowdon and Ryan Henderson together through its Pop Up Shop Hop (PUSH) program, which helps young businesses in need of space fill vacant downtown storefronts.

With PUSH, CentreVenture partially subsidizes rent for up to three months, helps entrepreneurs navigate regulatory processes, helps with minor improvements including signage and offers marketing support.

Lowdon, a commercial and fine-art photographer, and Henderson, a wood-salvaging furniture maker, didn't know each other when they both applied for the program's support.

But despite looking for space as individuals, they agree it's better that they're sharing it.

"The match is great," Lowdon said.

He explained he's been shooting commercially for five years and selling prints online but has been "looking to open a space" to have that physical presence.

High rent was a deterrent, as he wasn't certain a storefront could generate enough revenue to cover overhead costs. But with CentreVenture's subsidy and the cost-sharing with Henderson, Lowdon thinks the partnership is the perfect way to test out the retail model with less risk.

"It helps to grow my art sale side of my business … (and) allows me to hit a whole different market," he said.

Henderson added that their work is also complementary. His one-of-a-kind furniture pieces occupy floor space Lowdon's photos might not have filled easily — and conversely, Lowdon's framed work adorns walls he couldn't have decorated as well.

"He's also an environmental and landscape photographer, and my furniture and whatnot is environmentally friendly," Henderson said. "It works."

The Robert Lowdon Gallery and Living Edge Handcrafted Furnishings grand opening is Thursday, and it will remain open at 389 Graham Ave. until Dec. 31 with CentreVenture's support.

After that, the pair is looking at continuing their unlikely partnership if they learn the retail model is good for business.

Left: Robert Lowdon's work is meant to capture the overpowering beauty of our natural world — and remind the viewer of what could be lost if it is not protected.
Right: Using landfill-bound wood and an emission-free solar kiln, Ryan Henderson makes unique, environmentally friendly furniture. CONTRIBUTED

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POETRY

Enter the Haiku Death Match

Haikus have uses
Aplenty, more than you'd think
Like Swiss army poems

For instance, they can be flung between contestants and judged by audience members in a competition called the Haiku Death Match, which headlines the Canadian Festival of the Spoken Word in Winnipeg on Thursday.

"It's a head-to-head format.... Judges are not experts, they're picked randomly, and the haikus are pre-written, not free-styled," said host David Silverberg, who has competed in the event at previous iterations of the annual festival and won the 2011 Haiku Death Match in Toronto.

Silverberg explained that while the 17-syllable poems might come across at first as lowly, they're actually powerful snippets capable of conveying great humour, insight or emotion in a carefully abridged format, much like a tweet.

"It forces you to distil a thought; you don't have room for $10 words," he said. "Long poems or long form (writing) will still be nourishing to many, but in a digital age … haikus could definitely be experiencing a rebirth or revival."

But while the poem's form is certainly an added challenge, Silverberg said content — and having a diverse repertoire — is paramount.

"It really varies (what goes over well)," he said. "Sometimes something dirty will, sometimes people get tired of that and want more traditional themes… some people want pop culture references, or great insight into social injustices."

Admission to the event at The Knndy Pub is $10, doors open at 9 p.m. BRAEDEN JONES/METRO

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Where are the women?

POLITICS

Pay equity panel gaffe highlights need for better representation

Emma Jackson
Metro | Ottawa

The absence of women on most House of Commons committees comes down to "a supply problem," according to Equal Voice.

The federal finance committee took some heat last week when its lone female member was missing from a pre-budget consultation in Charlottetown.

A public delegate tweeted the irony of presenting her pay equity concerns to a panel of men.

Finance committee member and Pickering-Uxbridge MP Jennifer O'Connell had been away that week. Her absence was notable as the only woman on the committee, which has been hearing from public witnesses on budget-related issues.

Conservative MP Lisa Raitt was also a member until recently, when she stepped down to consider a crack at the Tory leadership.

Equal Voice spokeswoman Nancy Peckford said it's not surprising the Conservatives didn't choose a female replacement.

"There's simply not enough women left over among the remaining female members to fill those committees," Peckford said.

There are only 88 women in the House, a mere 26 per cent.

Seventeen of those are Conservative, while 50 are Liberal.

It's a problem that reaches far beyond just one committee.

Most standing committees include only one or two women. And two — the Access to Information, Privacy and Ethics committee and the Industry, Science and Technology committee — have none at all. Only the Status of Women and special pay equity committees have female majorities.

This dismal representation highlights a broader need to get more women into elected office in the first place, Peckford said.

PROTEST

Youth turn backs on Trudeau

Dozens of delegates at a youth labour forum turned their backs Tuesday on Prime Minister Justin Trudeau, using body language to express their frustrations with everything from global warming to so-called precarious work.

As Trudeau began taking questions from two of the forum's hosts, some delegates began to heckle and jeer while several rows of young people turned to face the back of the room, prompting harsh words from the prime minister himself.

Their actions sent the wrong signal to the other young people in the room, Trudeau told his detractors.

"It is a little bit frustrating for me to come in, sit down, look forward to hearing from you, talking with you, and seeing a room full of people who are standing in a way that shows they're not listening," he said.

"And I think it reflects poorly on everyone who does want to listen and engage."

While Trudeau was applauded and cheered by some for defending himself, several delegates shouted back, calling the PM a "hypocrite" and holding signs reading "Keep the Promise."

Protesters turn their backs on Prime Minister Justin Trudeau in Ottawa on Tuesday. THE CANADIAN PRESS

Many of the delegates were upset with the Liberal government's support for the controversial Trans Pacific Partnership trade deal, as well as Finance Minister Bill Morneau's recent comments about "job churn."

This past weekend, Morneau told Liberal party insiders in Niagara Falls that the government needs to prepare for high turnover and short-term contracts among youth because such jobs are here to stay.

"How do we train and retrain people as they move from job to job to job? Because it's going to happen. We have to accept that," Morneau said.

The comments prompted cries of arrogance from the opposition Conservatives and New Democrats, who accused the finance minister of lacking an understanding of Canada's youth unemployment problem.

THE CANADIAN PRESS

ONTARIO

Nurse charged in 8 deaths

Friends and families of elderly residents who died in care facilities in Southwestern Ontario between 2007 and 2014 are reliving their pain all over again.

Police laid eight first-degree charges on Tuesday against registered nurse Elizabeth Tracey Mae Wettlaufer, 49, of Woodstock, who is accused of murdering eight elderly nursing home residents between 2007 and 2014.

All the victims were nursing home residents in the Woodstock and London area over a seven-year period.

At a packed news conference, police said that Wettlaufer allegedly used drugs to end the lives of the eight residents. Police would not say if nursing home records showed that drugs had gone missing.

Police said they believe Wettlaufer also worked at other long-term care facilities in the province. Investigators could not specify which facilities, nor would they speak to a motive.

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Pakistan reeling from terror assault

TERRORISM

Volatile mix of militant groups and sectarianism causes bloodshed

Pakistan is reeling from yet another deadly assault, after militants wearing suicide vests rampaged through a police academy in the southwestern city of Quetta, battling for four hours before blowing themselves up and leaving 61 people dead.

The ability of militants to breach security and kill with ferocity has confounded the country. Extremists have been carrying out numerous attacks for years, killing military personnel, police, school children and worshippers kneeling in prayer.

One reason is the sheer number and variety of extremist groups, some of which have been battling the military in a bid to bring down the government.

Pakistan Prime Minister Nawaz Sharif talks to a survivor of an overnight attack on the Police Training Academy at a hospital in Quetta, Pakistan on Tuesday. THE ASSOCIATED PRESS

Another intertwined reason is the state's complicated relationship with extremists. The powerful military has a history of using some militants to target neighbour and rival India, and successive governments have sought to win political support from hard-liners by promoting and cultivating extremist ideologies. Then there is also Pakistan's connection with generations of militants involved in the more than 30 years of constant warfare in neighbouring Afghanistan.

WHERE IT ALL BEGAN

When the Soviet Union Russians invaded Afghanistan in 1979, Pakistan became the staging arena for the mujahedeen, or Islamic holy warriors, who fought the Russian occupation in one of the last great Cold War battles.

MILITANT GROUPS

Now a multitude of militant groups are flourishing, championing a variety of causes.

Some have declared war on the Pakistan government and military. Examples are the Pakistani Taliban, or Tehrik-e-Taliban, and breakaway factions like Jamaat-ul-Ahrar. Other groups, like Lashkar-e-Tayyaba and Jaish-e-Mohammed, focus on fighting Pakistan's neighbour and rival India.

STATE RESPONSE

Despite repeated denials, Pakistan's army is still often accused of being selective in which groups it cracks down on. Pakistan's government has devised a National Action Plan aimed at curbing militancy but many complain its implementation has been erratic.

THE ASSOCIATED PRESS

FRANCE

Crews demolish migrant dwellings

Crews in hard hats and orange jumpsuits on Tuesday started dismantling a makeshift camp in France that has become a symbol of Europe's migrant crisis while thousands of people remained there waiting to be relocated.

The workers used their gloved hands to tear down flimsy plywood shelters, tarp-covered huts and other temporary buildings at the camp in the port city of Calais known as "the jungle." Backhoes, construction dumpsters and trucks carted off the debris.

The demolition took place under the watch of police officers as authorities are emptying the camp of an estimated 6,300 people who have been living there, down from a height of 10,000 this summer.

"I'm very sad. It's our home here … We can't feel anything, even life." Ahmed Anwar, 28, of Sudan, said as backhoes tore up the first dwellings. "No one cares about us."

Local officials said the demolition work would be lengthy given the delicate task of clearing the camp by hand and with small machines. Extra precautions are being taken to make sure no one is inside the structures and that workers are not injured.

THE ASSOCIATED PRESS

AUSTRALIA

Malfunctioning ride kills four at theme park

Four people including a young mother and her brother were killed Tuesday after a river rapids ride malfunctioned at a popular theme park on Australia's east coast, officials said.

Two men and two women died while on the ride at Dreamworld, a park on Queensland state's Gold Coast, Queensland police officer Tod Reid told reporters.

Two children who were in the raft were hospitalized, Queensland Premier Annastacia Palaszczuk said Wednesday.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Wednesday, October 26, 2016

TIM QUERENGESSER ON CBC'S UNFAIR ADVANTAGE

New federal funding isn't paying for journalists in the hinterlands. It's further solidifying the Corp.'s dominance of the mobile news pie, to the loss of everyone.

Back in June 2014, when the Canadian Broadcasting Corporation lost the rights for Hockey Night in Canada, Canada's private news media's future was set, more or less, to "Screwed."

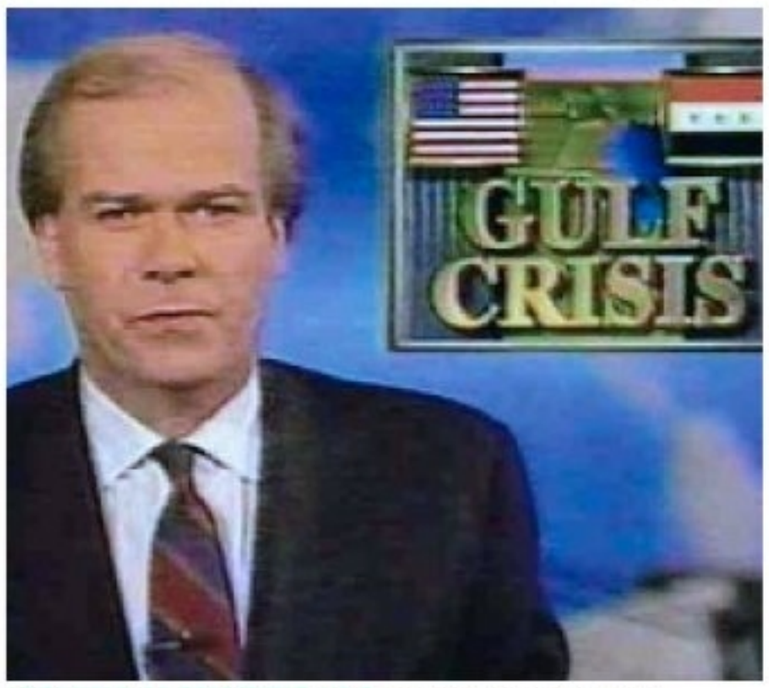
The Ceeb was losing its fattest revenue vein and entering survival mode just as news reportage was migrating to smartphones from newspapers, televisions, radios and desktop computers. It was then, as the broadcaster looked to reinvent itself, that all of us should have demanded its mandate be revisited — for every other news organization's sake.

Two years later, without that re-examination, the CBC's future is healthy while its competitors in privately owned print news cling to life. The reason: the CBC's wholesale migration to the mobile web, by way of which our tax dollars are underwriting print news (and now even newspaper-like opinion) for the price — zero — that most Canadians are willing to pay to read such stuff on their iPhones.

Last month, Canada lost the 111-year-old weekly print edition of Maclean's (it will now only publish weekly online, monthly in print) as part of the slow-motion cull in print news caused by advertising dollars flocking to other platforms. And last week, Postmedia announced it will lance 20 per cent from its salary load, which means more reporter losses on top of the 800 full-time jobs it has already shed in 2016.

Meanwhile, the Liberals have goosed the CBC's budget by $75 million this year and $150 million in years to come.

Is it really in Canada's best interest that a taxpayer-funded corporation is helping accelerate private media's demise?



1991 WAS ALONG TIME AGO The last time the CBC's mandate was revised, Peter Mansbridge looked like this.
TWITTER

Ordinarily, I'd celebrate this with a craft beer during my nightly enjoyment of As it Happens. But I can't.

The new federal money isn't saving the mythical, journalists-in-the-hinterlands CBC. It's further solidifying the Corp.'s dominance of the Canadian mobile news pie, to the loss of everyone, including the non-broadcast newspapers and news websites, which are so vital to Canadian democracy.

And, yes, that means Metro, too.

The CBC's mandate was last revised in 1991. Unsurprisingly, the words "digital" and "online" don't appear. Instead, the mandate notes the CBC "should provide radio and television services" (in other words, the "broadcast" part of CBC) and should deliver these services "by the most appropriate and efficient means."

Let's think about that. Radio and television services can be many things, but they definitely aren't written web stories aimed at smartphone readers (though, to be fair, the CBC effectively used the web as an actual broadcast tool with the recent Rio Olympics, during which Canadians web-streamed hundreds of hours of coverage).

So when the CBC moves to increasingly monopolize the national, print-based smartphone audience, devaluing what the public thinks such news costs to produce, while simultaneously slashing regional newsrooms (in Edmonton and myriad other smaller markets, it's a running joke that few hold the high-pay title of "reporter" any longer), I have to cry foul.

While other media struggle to find new ways to pay journalists, the CBC simply continues to lure talent with a publicly funded alternative. Recently, it announced it will soon pay high word rates for opinion columns from outside contributors. Result: The usual publications in which I'd pay more to read this more exclusive, analytical stuff — The Toronto Star, The Globe and Mail, the National Post and a million of their smaller-market siblings — all just received a publicly funded kick while they're already down.

Let's be clear: Private media has to figure out its own future. As Postmedia's recent numbers show, print advertising isn't going to save us. But as we reinvent ourselves, is it really in Canada's best interest that a taxpayer-funded corporation is helping accelerate our demise — one so seemingly precipitous that some have suggested newspapers also receive public subsidies?

No. The CBC's mandate needs to reflect the reality of today, not 1991, when a floppy disk could hold just 2.8 megabytes, Knowlton Nash had just retired and the worldwide web was a thing only academics talked about. The CBC's mandate says "broadcaster"; the CBC's actions say otherwise.

Tim Querengesser is the managing editor of Metro Edmonton.

VICKY MOCHAMA

Modest proposal: Black women do all the voting

Beyonce's Formation album and tour, Simon Biles at the Olympics, Michelle Obama's entire existence — black women have given the world so much. So: what if everyone else gave back and let only black women vote?

I find myself in the odd position of casually disenfranchising 90 per cent of Americans to suggest that, perhaps, only black women should go to the polls. Since we've learned that we're comfortable with fascism as long as it's entertaining, I'll make my case.

When I wrote about "nasty woman" t-shirts being a white woman's privilege, I started thinking about how black women actually figure into the presidential election. For black women, it's really not a simple choice. The Clintons do not have a strong legacy of supporting black communities. From Bill's community- and wealth-crushing welfare and crime legislation to Hillary's use of the term "super-predator" to describe black convicts to, more recently, her 2008 campaign's racially coded messaging (e.g., bragging about her support among whites), there are reasons for black women to not vote for her.

It's why a lot of black women joined the hashtag #GirlIGuessImWithHer. Clinton might not demilitarize the police but she at least knows that not all African-Americans live in the inner cities.

Sure, other groups are up to the task of saving democracy. Hispanic voters, most millennial groups and women overall could handily elect Clinton. But only black women would hand Donald Trump a truly humbling loss — a huge defeat, the hugest ever.

According to a YouGov poll, 90 per cent of black women will vote for Clinton (this, despite her having once whipped and nae-nae'd). I'm not sure what's going on with the other 10 per cent, so I'll guess that they're planning a write-in vote for any member of the Obama family, including Bo and Sunny, the dogs.

Ninety-four per cent of black women voted for Barack Obama in 2008 and 2012. In the primaries, Clinton won over 85 per cent of black female votes in states like Texas, Alabama and Georgia. Black women will ride-or-die for Democratic candidates.

The Mothers of the Movement, women who've lost family members to police violence, spoke at the Democratic convention and at campaign stops. Campaign Zero's Brittney Packnett endorsed Clinton. And even black women who don't ride for Clinton per se still voted for her. For example, #BlackLivesMatter co-founder Alicia Garza said to Elle magazine, "I voted for Clinton, but I don't support Clinton. I'm not 'with her' and I don't and won't endorse her."

Considering the threat to democracy and White House décor that Trump represents, let's dispense with suspense. He's going to claim it was rigged; we might as well rig it.

Everyone else can rest easy at home. Black women have got this.

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Toronto studio Frontier designed the 'world's best tuque,' a $200 hat that mimics the fur of a caribou

RECIPE

These fun ideas go beyond the regular treats

These 2 recipes are devilishly delicious, and the kids will have fun making them too.

Pineapple, Carrot and Apple Juice

The kids will never guess this sweet, wicked-looking brew is healthy.

The impressively frothy head comes from juicing the fruits and vegetable from scratch, while we've got the carrots to thank for the thematically appropriate colour.

The result is terrifyingly tasty, especially served chilled in a mad scientist's beaker!

Servings: 1.

Ingredients:
- 1/4 pineapple, peeled
- 2 carrots, peeled
- 1 green apple, cored

Directions:
1. Cut the fruit and carrots into pieces, if needed, and process through a juicer. Use chilled fruit or add ice cubes for a refreshing juice.

Marshmallow Ghosts

A mere 15 minutes is all it takes to scare up a batch of marshmallow ghosts, plus a little waiting time as they cool (you've got trick-or-treaters to cater to anyway).

Gelatin is the active ingredient here, whipped up with corn syrup and sugar until frothy and silky smooth. The classic marshmallow flavour comes from vanilla extract, and black food colouring gives the pillowy ghosts haunted expressions.

Spooky snacks

This sweet, wicked-looking brew is healthy, too, with pineapple, carrot and apple juice. TORSTAR NEWS SERVICE

These marshmallow ghosts are a fun treat for little hands.
TORSTAR NEWS SERVICE

Prep: 15 minutes
Cooking: 2 minutes
Cooling: 2 hours
Servings: Makes 6 large marshmallows

Ingredients for the marshmallows:
- Vegetable oil
- 1 tbsp gelatin
- 1/4 cup (60 mL) water
- 1/3 cup (70 g) sugar
- 1/3 cup (75 mL) light corn syrup
- 1/2 tsp vanilla extract
- 1/4 cup (35 g) icing sugar
- 1/4 cup (35 g) cornstarch
- 6 long lollipop sticks or coffee stirrers

Ingredients for the icing:
- 1/4 cup (35 g) icing sugar
- A few drops of water
- Black gel food colouring

Directions for the marshmallows:
1. Lightly oil six ice-pop moulds.

2. In a small saucepan, sprinkle the gelatin over the water and let bloom for 5 minutes.

3. Add the sugar and warm over low heat, stirring until the sugar and gelatin have dissolved. Pour into a bowl.

4. Add the corn syrup and vanilla and beat with an electric mixer until it forms a soft meringue. With a pastry bag fitted with a large tip, fill the ice-pop moulds.

5. Insert a lollipop stick at the centre of each mould and refrigerate for 2 hours.

6. On a plate, combine the icing sugar and cornstarch.

7. Unmould the marshmallows and gently roll in the icing sugar mixture. Shake to remove any excess.

8. Place the ghosts in a tall glass filled with small black and orange pebbles.

Directions for the icing:
1. In a bowl, combine the sugar, water and food colouring.

2. Use a paper cone or a small pastry bag to pipe the eyes on the ghosts.

Keep the marshmallows well wrapped, at room temperature, until ready to serve.
TORSTAR NEWS SERVICE

LITERATURE

Thien wins Governor General literary award

For writers, few days get bigger than this.

Madeleine Thien Tuesday won the 2016 Governor General's Literary Award for fiction, worth $25,000, for her novel Do Not Say We Have Nothing. Later, the Montreal-based writer attended the 2016 Man Booker Prize ceremony in London as one of six finalists — and one of two Canadians — vying for the £50,000 ($81,000) award. She was in pole position to end a 14-year Man Booker drought for Canada, according to some bookies who had her listed as 2:1 to win.

Instead, Paul Beatty, author of The Sellout, a satirical novel about modern slavery and a race trial, made history as the first American to win the prestigious prize.

The other Canadian in this year's race was Montreal-born David Szalay for All That Man Is, who was joined on the list by Scotland's Graeme Macrae Burnet for His Bloody Project; Deborah Levy for Hot Milk; and Ottessa Moshfegh for Eileen. Like Thien, Szalay has a Montreal connection — he was born there, but moved to England when he was a year old and now lives in Hungary.

The last Canadian to win both the GG and the Booker prize in the same year was Toronto-Sri Lankan writer Michael Ondaatje for The English Patient, in 1992.

Since, then, two other Canadians have won: Yann Martel was the last in 2002 for The Life of Pi. Margaret Atwood also won in 2000 for The Blind Assassin — along with Ondaatje these are the only Canadian writers ever to win the prize.

For Thien, 42, the impact of Do Not Say We Have Nothing, her fourth book, is astonishing; along with the GG and Booker prizes, it's also been short-listed for the $100,000 Scotiabank Giller Prize which will be awarded on Nov. 7, and the Quebec Writer's Federation Literary Award.

"I think I might be at the limit of excitement," she said in September, the week she found out she was on the Giller and Booker shortlists.

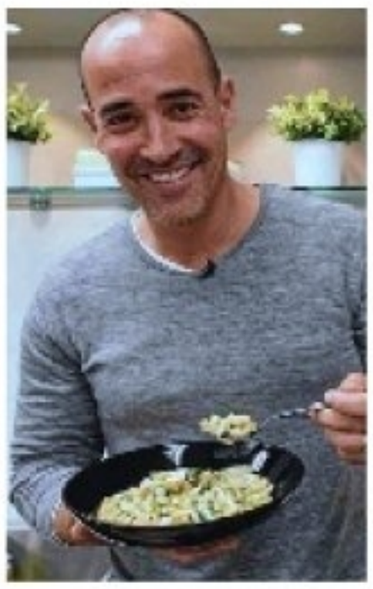
The story begins in Canada where a Chinese family takes in a young woman who fled China after the Tiananmen Square protests, but is mostly set in China, and follows the lives of two generations, musicians whose lives were affected by Mao's Cultural Revolution.

"It felt like it was taking a lot of risks for me," the Vancouver-born writer who now lives in Montreal told the Star in an earlier interview. She'd never tackled an epic scale in her previous books, the "kind of the whole-hearted, no holds barred immersion into China, Chinese culture, language, revolution and a kind of almost Dickensian story-telling" evident in her latest book. TORSTAR NEWS SERVICE

Madeleine Thien
THE CANADIAN PRESS

BOOK EXCERPT DOLCE FAMIGLIA BY DAVID ROCCO

Arancini like grandma's



Food Network Canada and TLN star David Rocco is the co-creator and host of David Rocco's Dolce Vita, Dolce Napoli and David Rocco's Dolce India.

Rocco's book Dolce Famiglia celebrates the Italian love of food and family. The tradition, simplicity and a little bit of the chaos of the Italian family table are what Dolce Famiglia is all about. Inspired by the frugal yet comforting traditions of cucina povera, Rocco offers exceptional, delicious Italian recipes that will make you want to head into the kitchen, bang some pots and cook up a storm for your family.

To me, this is fun food, finger food. My earliest memories of arancini take me back to Italy, when my grandmother would make it for us as a snack for afternoons on the beach. It's compact, easy to eat and kid-friendly. My kids love them, and leftovers make great school lunches.

Arancini
Serves 6

Ingredients:
- 2 cups (500 mL) white rice or leftover Risotto Bianco
- 2 cups (500 mL) Basic Tomato Sauce
- 1 cup (250 mL) freshly grated Parmigiano Reggiano
- ½ cup (125 mL) all-purpose flour
- 1 egg, beaten
- 1 cup (250 mL) plain dry bread crumbs
- 3 oz (90 g) mozzarella, cubed
- Extra-virgin olive oil, for frying

Directions:
1. Put the rice or risotto in a bowl, add the tomato sauce and Parmigiano, and stir everything together.

2. You'll need three shallow dishes placed side by side. Place the flour on one dish, the beaten egg in another, and the bread crumbs in the last dish.

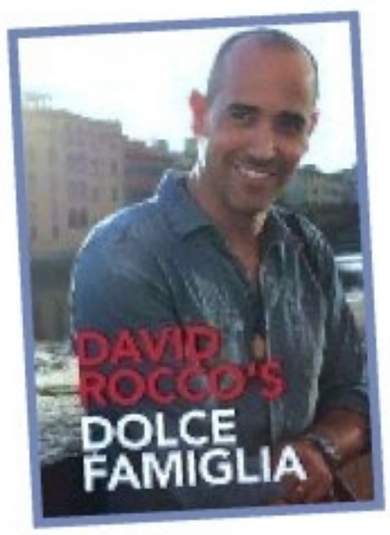
3. Scoop out a handful of the rice mixture and form it into a ball. Using your thumb, make a depression in the middle of the rice ball. Place a couple cubes of mozzarella inside, and then reshape the ball so the cheese is fully enclosed. Repeat until you have used up all of the rice. Then roll each ball first in the flour until it's lightly coated, then in the beaten egg (let any excess drip off) and finally in the bread crumbs so that it's evenly coated.

4. You can either pan fry or deep-fry the rice balls. To pan fry, fill a pan with about ½ inch (1 cm) of olive oil and put it over high heat. You want to heat the oil until it's very hot so the balls fry quickly and stay crisp on the outside. To see if the oil is hot enough, drop in a few bread crumbs: If the crumbs sizzle the instant they hit the oil, you're good.

5. Working in batches so you don't crowd the pan, carefully fry a few balls at a time, turning them occasionally so they cook evenly all over. When they're golden brown, transfer them to a plate lined in paper towels to drain.

6. If you are cooking the arancini in a deep fryer, preheat the oil according to the manufacturer's instructions, then gently drop the balls into the hot oil, a few at a time, and cook until golden brown all over. Transfer them to a plate covered with paper towels to absorb excess oil. Remember, all of the ingredients are already cooked, so this step is just to give the arancini a crisp, golden exterior and melt the mozzarella inside. Serve warm or at room temperature.

A sandwich that's sweet



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I love the combination of mascarpone and Nutella. The mascarpone tones down the sweetness of the Nutella and gives it an even more silky, luxurious texture. I often combine the two on pizza bianca for a delicious dessert pizza. Sweet carrozza is another way to combine the two. It's a spin on the classic Neapolitan grilled cheese sandwich, Mozzarella in Carrozza.

Sweet Carrozza
Serves 6

Ingredients:
- 12 slices white sandwich bread
- Nutella
- Mascarpone
- 2 bananas, sliced into rounds
- 4 large eggs
- 1 tbsp (15 mL) extra-virgin olive oil
- Icing sugar, for sprinkling

Directions:
1. For this recipe, I recommend using a non-stick pan if you have one. For each sandwich, cover one slice of bread with Nutella and the other with mascarpone. It's all quanto basta, so you can take liberties on how decadent you want to make these. Put a few slices of banana on one side and close it up as you would any sandwich.

2. Heat the olive oil in a frying pan over medium heat.

3. Beat the eggs in a shallow bowl. Dip each sandwich in the eggs, completely coating both sides. Working in batches, transfer the coated sandwich to the frying pan, and fry on both sides until golden.

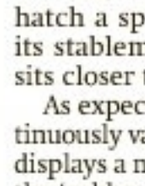
4. To serve, cut each sandwich in half and dust with icing sugar.

metro WHEELS
Your essential daily news
The new Honda Civic Si will debut at the 2016 L.A. Auto Show next month

The Civic hatchback, all grown up

REVIEW

First hatch in 17 years delivers just like the sedan



Dan Ilika
AutoGuide.com

It's hard to believe it's been almost 17 years since a hatchback version of the Honda Civic was last sold in North America.

Sure, there was Honda's half-hearted attempt at reviving the beloved body style in the early 2000s with the niche three-door Civic Si, but even that was discontinued more than a decade ago, leaving a huge gap in the automaker's lineup. But Honda is ready to make up for lost time with an all-new Civic hatch aimed at fun and function.

In bringing the Civic hatch back to North American shores, Honda has cranked up the car's practicality with the addition of two rear doors. It rides on the same platform as the sedan and coupe models, but measures about 114 millimetres shorter than both, giving the Civic hatch a sportier stance than its stablemates — its wheels sits closer to the corners.

As expected, the Civic's continuously variable transmission displays a moderate amount of the 'rubber band' effect typical when the pedal is pressed hard, but quiets down when cruising.

Driving the twisting roads of Ontario's cottage country put the Civic hatchback's taut chassis to the test and it responded well, behaving more like the coupe than the sedan. Steering feel is still a little numb, but the variable-ratio setup helps tighten it up as the car reaches higher speeds and responds well to input.

The Civic hatch drives a bit like a mash-up of the coupe and sedan, feeling sporty enough to have fun while offering the all-important commuter comfort that's key in this segment.

The front of the Civic hatch's cabin looks and feels a lot like the sedan's, and that's because it is a lot like the sedan's. It looks every bit as modern as the rest of the Civic family but it could benefit from some soft-touch materials in place of the hard plastics found on the doors and dash.

When it comes to safety features, the Civic leads in the segment. Features like cruise control and automatic headlights are standard, while the Honda Sensing suite adds forward collision warning with collision mitigation braking, lane-keep assist and adaptive cruise control.

The car plays into the nostalgia of an entire generation, stirring up high school memories of unadulterated fun. It's a much more mature car now, so it's not the same Civic hatchback we grew up with, but rather a grown up car that's still fun and not too grown up.

THE CHECKLIST | 2017 HONDA CIVIC HATCHBACK

THE BASICS

Engine: 1.5L turbocharged four-cylinder
Transmission: Six-speed manual; continuously-variable auto
Power: 174 hp, 167 lb-ft of torque (manual)
Fuel Economy (litres/100 km: 8.0 city, 6.2 hwy (manual); 7.7 city, 6.0 (CVT)
Price: Starts at $21,390

LOVE IT

- It's a hatchback!
- Manual transmission
- Cargo capacity

LEAVE IT

- Cheap base interior
- Still no volume knob

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Running on empty is full of problems

Not refuelling hurts how the car's fuel system functions

Sami Haj-Assaad
AutoGuide.com

Some drivers see their car's fuel gauge as a nagging parent; it lights up urging you to refuel like your mom or dad would remind you to clean your room. But don't ignore your car's insistence on refueling, because you can damage your car by running it on empty.

We've all been in the situation where you're driving along, possibly singing a song, when suddenly "DING" a low fuel warning light pops up and ruins all your fun because you have to take a pit stop or detour and get gas. You're either the type of driver that gets really nervous or you're the complete opposite, relaxed because "empty" is just a guideline or friendly suggestion.

Here's what you should know, regardless of which type of driver you are. The warning light indicates that the fuel has reached the reserve level, which is about 10 to 15 per cent of your tank's total capacity. You can use that reference along with your car's average fuel economy to calculate your remaining range, but it's a good idea to not risk running the car until it's dry.

While standing on the side of the road with your empty car waiting for a tow truck or walking to the nearest gas station and returning with a jerry can is embarrassing enough, there's another serious concern that could impact your wallet. And it will be way more expensive than a tank of gas.

In your fuel tank, there is a contraption called a fuel pump, which sends the fuel from the tank to the engine. The fuel pump relies on the gasoline in the tank to keep it cool and lubricated. Running the car with a low tank means that the pump isn't staying as lubricated as it should and is at risk of overheating. The obvious downside to this is premature failure of the pump.

That's a pretty expensive repair. Failing fuel pumps will lead to poor performance, particularly with a car not accelerating smoothly or starting at all.

Your fuel pump also has a fuel filter, which can quickly get dirty if you drive with a low tank. Since any sediment or dirt sinks to the bottom of the tank, the fuel filter could end up getting blocked or could take in dirty fuel, which also has costly consequences.

Ignoring your car's low fuel warning is generally a bad idea, and running your car on empty can cause serious and costly problems to your car's fuel system.

Keep that in mind the next time your car nags you to visit the gas station.

A near-empty tank hurts the car's fuel pump and fuel filter.
ISTOCK

> **The fuel pump relies on the gasoline in the tank to keep it cool and lubricated. Running the car with a low tank means that the pump isn't staying as lubricated as it should and is at risk of overheating.** Sami Haj-Assad

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Investor Chris Hansen and the group looking to bring the NBA back to Seattle have offered to pay for a new arena with private funds

'Little things' important to DeRo ahead of new season

NBA

Raps star says eliminating mistakes key to making playoffs

They will search for perfection knowing full well it is unattainable, but the attempt to eliminate tiny mistakes and to learn from them in the middle of the grind of an NBA season will be what drives the Toronto Raptors.

They know they are good but not great. They have tasted playoff success few thought possible, but fell short of the ultimate goal. They go into the 82-game marathon that begins Wednesday night firmly aware that ridding themselves of bad habits in the next six months will be crucial to success in the playoffs.

"It seems like everything you do is a mistake because you want to do it completely right, because you know the small margin of error you have when playoff time comes," DeMar DeRozan said Tuesday on the eve of Toronto's season-opening outing against the Detroit Pistons at the Air Canada Centre.

"You're really more concerned about the little things you mess up on because later in the season, late in games, that's what decides whether you win or lose."

This is a season unlike any other in the franchise's history. Coming off their best season ever — 56 wins, two playoff series victories, a six-game trip through the Eastern Conference final — the Raptors are now the hunted rather than the hunter.

> **We have to be the hardest working team.**
> Raptors coach Dwane Casey

Teams like Boston, Indiana and Detroit are taking dead aim at them. The Raptors are a measuring stick and that's never been the case in the 22-year history of the team.

They return the basic core of last year's team — the injured Jared Sullinger is the nominal Bismack Biyombo alternative — and that continuity has to count for something. Four of Wednesday night's five starters started Game 1 last year. Backups Cory Joseph, Terrence Ross, Patrick Patterson and Norm Powell remain.

It is a huge benefit, one that they will need to exploit as the season goes on.

"It's always kind of been our advantage the last couple of years, the camaraderie, the knowing one another, the coaching staff," DeRozan said. "Not too much changes and we kind of lean on that a lot ... hopefully it'll pull through for us now, especially with the injuries we have, a couple guys down."

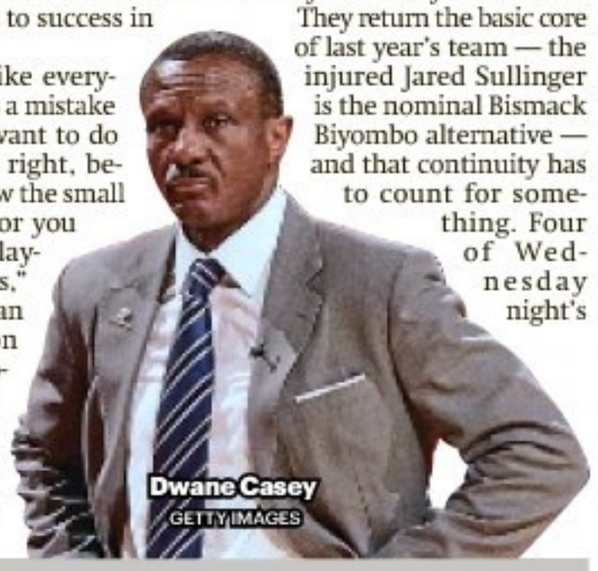
The down guys are Sullinger and Lucas Nogueira and that represents a huge dent in Toronto's front court. But during this ascension through the East — more wins each of the last four seasons than the one previous — coach Dwane Casey has dealt with injuries and his message has never wavered.

This year, despite the success of 2015-16, is no different.

"We have to be the hardest-working team ... we have to do it collectively as a group and we've got to have the same mentality," he said.

"I know you guys get tired of hearing me say the same thing, but it's about consistency. That's not going to change."

TORSTAR NEWS SERVICE


Dwane Casey
GETTY IMAGES

DeMar DeRozan knows what it will take for the Raptors to surpass last season's historic feat. NED DISHMAN/NBAE VIA GETTY IMAGES

NHL

Crosby returns to tame Panthers

TUESDAY in Pittsburgh

3	2
PENGUINS	PANTHERS

Sidney Crosby scored in his season debut as the Pittsburgh Penguins rallied to beat the Florida Panthers 3-2 on Tuesday night.

Crosby, who scored on a power play, missed the team's first six games with a concussion.

Carl Hagelin and Eric Fehr also scored for the Penguins, who extended a seven-game unbeaten streak against the Panthers.

Marc-Andre Fleury, who has started the first seven games of the season for Pittsburgh, stopped 20 shots.

Matt Murray, who backstopped the Penguins to a Stanley Cup in June, served as the backup to Fleury after missing the first six games with a broken hand.

Reilly Smith scored a power-play goal and Mark Pysyk also scored for the Panthers, who have lost 11 of 12 against the Penguins in Pittsburgh. Former Toronto Maple Leafs goalie James Reimer made 19 saves in his second start of the season.

THE ASSOCIATED PRESS

IN BRIEF

Brown released by Giants

The New York Giants have released placekicker Josh Brown after police documents revealed Brown had admitted to repeatedly abusing his former wife while they were married.

The release came Tuesday shortly after the player issued a statement insisting that he never hit his wife during a six-year period when he admits spousal abuse. Giants president John Mara says the team was "misguided" in how it handled its relationship with Brown.

THE ASSOCIATED PRESS

Francona toying with idea of playing Santana left field

Indians manager Terry Francona says he's considering playing Carlos Santana in left field at Chicago's Wrigley Field, where Cleveland will not have the designated hitter for Games 3-5 against the Cubs.

Santana took fly balls in left the past few days, and Francona said the first baseman/DH is willing to play the outfield.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Game 1 of the World Series

NHL

Lucic wants Oilers to keep foot on pedal

The NHL season is still young, but the Edmonton Oilers find themselves navigating a new and somewhat disorienting challenge — success.

The Oilers have won five of their first six games. With 10 points, they sit second overall in the NHL, behind Montreal, and tops in the Western Conference heading into NHL action Tuesday.

It's new territory for a tire fire franchise that has missed the playoffs for 10 seasons in a row in a water-torture drip of lose-lose-win, lose-lose-win, lose-lose.

"Learning how to keep your foot on the gas pedal — that's one of the hardest things to learn," Oilers winger Milan Lucic said Tuesday.

> **10**
> **Number of points the Oilers have after their first six games of the season, leaving them atop the Western Conference.**

"Coming to the rink wanting to win and expecting to win. It all starts with the mindset. That's how you build that culture."

Lucic, a bruising Mack Truck-style forward, won a Stanley Cup with Boston and has been one of the key improvements this year. But the Oilers have the arrows pointing up across the board.

The addition of Adam Larsson along with Kris Russell and a healthy Oscar Klefbom has solidified the defence.

Goaltender Cam Talbot leads the NHL with five wins and captured the league's first star award this week. Connor McDavid is tied for the NHL points lead, with four goals and five assists. THE CANADIAN PRESS

Edmonton winger Milan Lucic
CODIE MCLACHLAN/GETTY IMAGES

Taking Canadian basketball to new heights

Danilo Djuricic is considered one of the best shooters in the world for his age. He recently announced his commitment to Harvard University, which had been recruiting him since Grade 9. CONTRIBUTED

WE THE NORTH

Who's holding court? These homegrown ballers have got next

Sean Deasy

It's no secret basketball is on the rise in Canada. It seems only fitting, since the sport's inventor, Dr. James Naismith, came from the Ottawa Valley.

Today, from neighbourhood playgrounds to pro arenas, more Canadian players are embracing a game that for so many years was overshadowed by hockey and, well, every other major professional sport. Now Canada can boast world-class athletes and coaches, who are honing their skills right at home and taking their country to new levels. Here's a glimpse of just some of the homegrown stars helping to put Canada on the basketball map.

Kia Nurse: Rising talent

Kia Nurse, a 20-year-old guard for the Connecticut Huskies and the Canadian national team from Hamilton, Ont., participated at the 2014 FIBA World Championship and won a gold medal at the 2015 Pan American Games. Seems young for such accomplishments? Nurse has always outperformed for her age. She began dribbling a basketball at age four, and was playing in a competitive league by age seven.

As a teenager Nurse won 10 provincial championships between her high school and club teams. Still in high school, she was invited to train with Canada's national team as a future prospect. Nurse played so well she earned a spot on the squad. Now she's set to take her game — and Canada — to new heights.

Dwight Powell: True power

Talk about real power — both brain and brawn. Not only is Dwight Powell a power forward for the Canadian national team and for the Dallas Mavericks, he's also a graduate of prestigious Stanford University.

He grew playing basketball in Toronto inspired by the Raptors and Canadian icon Steve Nash, but didn't get serious until middle school. He was a standout in high school in Florida, and went on to an illustrious college career. As a senior Powell earned first-team All-Pac-12 honours for the second straight year, and was named to the NCAA All-South Regional Team. He was also named the Pac-12 Scholar-Athlete of the Year. Now he's looking to help Canada grow in stature on the global basketball stage.

Clockwise from top left: Kia Nurse, Dwight Powell, Alyssa Jerome and Natalie Achonwa. CONTRIBUTED PHOTOS

Alyssa Jerome: Canadian U-18 phenomenon

What do you do growing up with a passion for basketball? You compete with anyone and everyone to get better. That's just what teenage phenom Alyssa Jerome has done in her hometown of Toronto. Did it work?

Jerome tried out for her provincial team — and made it. She then tried out for — and made — the national team. And in just her second year, she led the U-17s to a world championship. Now she's the No. 1 ranked U-18 player in Canada — at just 16. Now she's poised to take her game — and her studies — to the next level south of the border: She has just committed to Stanford University.

Danilo Djuricic: Shooting star

This is a baller whose shooting for the stars. Not only is six-foot-eight Danilo Djuricic a key player for the future of Canadian basketball, he's also one accomplished young man. The A-student recently announced his commitment to Harvard University, which has been recruiting him since he was in Grade 9. Considered one of the best shooters in the world for his age, Djuricic helped guide the Canadian team to a silver medal at the U-18 FIBA Americas in 2015. Djuricic, 17, who grew up in Brampton, Ont., was inspired by other hardworking Brampton ballers like Anthony Bennett. The forward is looking to continue to polish his game and, after graduation, has dreams of making it in the pro league.

Natalie Achonwa: Power broker

Natalie Achonwa knows how to get things done. Not only was the forward selected ninth overall in the WNBA draft by the Indiana Fever, but at just 23 she's already a two-time Olympian who has won three international medals with Team Canada. She is also the youngest player ever selected to the Canadian senior national team at age 16.

Achonwa was recruited as the first ever international player on the Notre Dame Fighting Irish women's basketball team. In 2011, Achonwa was named to the big east all-freshman team and was selected big east freshman of the week in her freshman season. In her junior season, she was named as an honorable mention for the Associated Press all-America team.

The Guelph-Ont.,-born baller is now looking forward to what the Canadian women's team is about to unleash on the rest of the basketball world.

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

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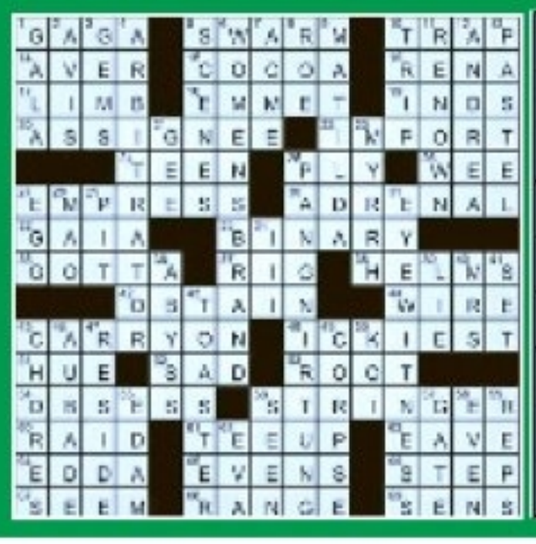

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✷ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will be delighted by any chance to travel for pleasure today. This also is a good day to explore opportunities in publishing, the media, medicine and the law.

Taurus April 21 - May 21
Keep your pockets open, because gifts, goodies and favors from others will come your way today. People are just generous to you!

Gemini May 22 - June 21
This is a lovely day to relate to others, especially partners and close friends. Feelings of generosity and well-being will bless all your relationships today.

Cancer June 22 - July 23
Work-related travel is likely today. If so, this is something you will enjoy. Meanwhile, praise and assistance from others will make your job easier. Yay!

Leo July 24 - Aug. 23
This is a wonderful, creative day! It's a great day to enjoy sports events and playful activities with children. All social activities, including romantic rendezvous, will please you.

Virgo Aug. 24 - Sept. 23
Today is a much better day to make decisions about home-decorating projects. It's also a good day to entertain at home, as well as to explore real-estate opportunities.

Libra Sept. 24 - Oct. 23
You are in top form today! You're charming, diplomatic and happy to talk to everyone. Appreciate the beauty of your everyday surroundings. Appreciate the love in your world.

Scorpio Oct. 24 - Nov. 22
This is a good day for business and commerce, because you can see ways to boost your assets. You might get a raise or a better job, or you might make a perfect purchase..

Sagittarius Nov. 23 - Dec. 21
You are so charming today! Everyone wants to see your face. In turn, you feel loved and happy. Enjoy your day!

Capricorn Dec. 22 - Jan. 20
Secret love affairs are taking place for some of you. (You know who you are.) Others will enjoy solitude in beautiful surroundings. Perfect.

Aquarius Jan. 21 - Feb. 19
This is a popular day for you! Enjoy schmoozing with others. Classes, meetings and groups will be a positive experience for you. In fact, all of your interactions with others will benefit you today.

Pisces
Feb. 20 - March 20
You might develop a crush on your boss today. Others will approach you for advice on how to make something look more attractive. Don't hesitate to speak your mind.

CONCEPTIS SUDOKU by Dave Green
Every row, column and box contains 1-9

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RECIPE Slow Cooker Butter Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This takeout classic gets a healthy update with coconut oil but if you don't have any on hand, use butter and get an equally delicious result.

Ready in 6 to 8 hours
Prep time: 10 minutes
Cook time: 6 to 8 hours
Serves 4

Ingredients
- 2 lb chicken thighs or breasts, cut into bite-sized pieces
- 1 onion, chopped
- 3 or 4 cloves of garlic, minced
- 1 tsp minced ginger
- 1 5 oz tube of tomato paste
- 1 heaping Tbsp curry powder
- 1 14 oz coconut milk
- 1/2 cup Greek yogurt
- 1/4 cup milk
- 2 Tbsp coconut oil
- small handful of cilantro for garnish

Directions

1. Put everything in the slow cooker and stir it all around.

2. Close the lid.

3. Set the timer for 6 hours. Don't worry if you need to be away from home for 8 hours or longer — it will be okay.

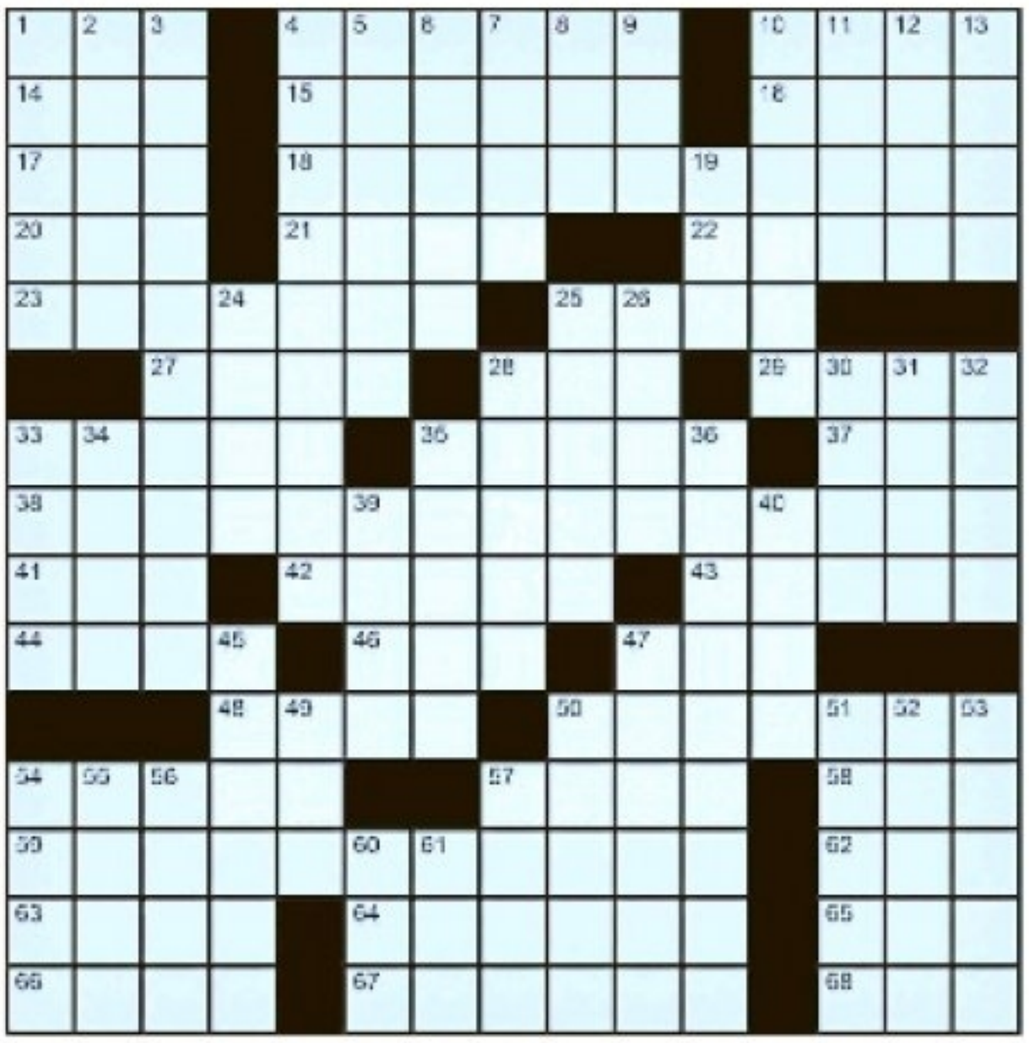
4. Serve with a big spoonful of jasmine rice and a sprinkling of cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS
1. "Party Hard" singer Andrew, et al.
4. "I'm Sorry": 1960 chart-topper for __ Lee
10. Tomato variety
14. Excavated deposit
15. Fix the food portions
16. Malefic
17. French body of water
18. Strenuosity
20. Evergreen tree
21. "Buenos __!"
22. Connecting points
23. Greg, to Carol Brady
25. __-Flush
27. Heartburn relief brand
28. Car engine's need
29. Survive
33. Ms. Belafonte of '80s TV show "Hotel"
35. Creaky location in many horror movies
37. 'Auction' suffix
38. Prince Charles since #59-Across' reign began in 1952: 4 wds.
41. "Whistle __ the Lave O't": Song by Scottish poet Robert Burns
42. Dragged into court
43. Moms of cousins
44. __ bargain
46. Outlying
47. Canadian politicians, e.g.
48. I __ You! (Away-from-home sentiment)
50. Skilfulness
54. Paxton and Evans
57. Rockefeller Center muralist
58. Mary __ Retton
59. Mum of the royal guy at #38-Across: Name + Roman Numeral
62. Hasty escape
63. Business' symbol on letterhead
64. Men's business-wear accessory, variantly: 2 wds.
65. Belief system
66. Comic books legend Mr. Lee
67. Concentrating/focused: 2 wds.
68. Swine's farm area

DOWN
1. Mr. Blitzer's ___ of CNN
2. Brightly banded snake
3. Writer's fancy-sounding desk
4. Former CFL player who hosts Food Network's "Chopped Canada": 2 wds.
5. Cosine and sine
6. __ Frome (1911 Edith Wharton novel)
7. Naughts
8. __-eyed
9. __-Man (Marvel Comics superhero)
10. Drawback from sudden fear
11. Love poet of ancient Rome
12. Stage setting, __-en-scene
13. Charity contributions
19. Weekend getaway accommodation
24. Happy meower's noise
25. Located
26. Descended, as from a perch
28. Survey selection
30. "__ Flux" (2005) starring Charlize Theron
31. Placed the envelope in the box
32. Very, in Verdun
33. Store
34. Manolo Blahnik part
35. 1957 Ayn Rand novel, __ Shrugged
36. Dried lips balm
39. Clods
40. Autumn shade
45. Books-selling website
47. Shriver and Sharapova
49. Patience __ virtue
50. Zubin __ (Celebrated conductor)
51. Actress, Tracee __ Ross
52. __ beef
53. Delicious
54. Salts, in Sherbrooke
55. Much: 2 wds.
56. Latvia's capital city
57. Leave the text in
60. Post-Guess Who gr.
61. German article

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(1) The amount of your loan will depend on our assessment of your credit profile. Ask branch for details.